## **CANADIANS TO CUT SPENDING, REPORT SAYS**

celeb buzz p/14







# Woman killed in collision

crash. A woman is dead and a man seriously injured in hospital after a car and a van collided head-on in Ottawa's southwest end vesterday.

Paramedics pronounced a 42year-old woman dead shortly after the 8 a.m. collision on Fallowfield Road, near Eagleson Road.

The woman, whom police did not immediately identify, was driving a compact car when she was killed, said paramedic spokesman J.P. Trottier. The 21-year-old male driver of the utility van was ejected and suffered head and facial injuries, as well as a collapsed lung.

Police closed Fallowfield Road

Police closed Fallowfield Road between Eagleson and Shea roads while the collision investigation section and the coroner attended.

TRACEY TONG/METRO OTTAWA

# \$3 tip leads to \$32M

Lottery ticket partners from Ottawa win Lotto grand prize

Samir Haddad has saved almost every lottery ticket — thousands upon thousands of them — he's purchased since 1971.

But boy, was this one a keeper. Ottawa's Haddad and his ticket partner, Mike Dettorre, yesterday split a \$32 million jackpot as the sole grand prize winners in the June 28 Lotto 6/49 draw.

"The most I ever won before was 42 dollars and 10 cents," Haddad said before doing a frenzied little "happy dance" and shaking hundreds of his losing tickets into the air. "I've bought tickets from Nova Scotia, New Brunswick, Quebec, Edmonton, Winnipeg and B.C. All across Canada."

"The most I ever won before was 42 dollars and 10 cents."

Samir Haddad

The winning ticket he purchased last week, however, came from a corner store his family used to own in South Ottawa.

And that store sits right beside Dettorre's barbershop, where Haddad, 57, has been going for his frequent haircuts since moving to Canada in the late 1960s.

"Every time he's come in for a haircut, we'd put in \$5 each," the now-wealthy barber said during a cheque presentation at the Ontario Lottery and Gaming Corporation's Dundas St. prize centre in Toronto. "But this time we just put in \$3 on a quick pick,"
Indeed, that three-buck invest-

ment was a tip for Dettorre, who has been sharing tickets with Haddad since 1971 and who continued to cut hair after learning of his win

learning of his win around noon Monday. Neither of

the winners, who arrived with family and friends from Ottawa in a convoy of four stretch limou-

sines, knows exactly how they will spend their new-found wealth.

Haddad, a father of two, says he'll likely share it with family and friends and take a long

vacation to his native Lebanon. And if he wants another haircut from Dettorre's trusted scissors, he'll have to go to the father of three's own house. "I am retired," Dettorre says.

TORSTAR NEWS SERVICE

Samir Haddad jumps with an armful of losing tickets in Toronto yesterday.

#### Ottawa page 2

#### Massive crowds expected at Bluesfest



## Strawberries worth the wait

Entertainment page 11

Jolie to give birth to twins soon



Federer closer to Wimbledon title

#### Defence Hillier bids goodbye as military chief



Former chief of defence staff Gen. Rick Hillier, top left, salutes from a tank as he leaves a change of command ceremony in Ottawa yesterday. **Story, page 3.** 

# City water receives top marks

TRACEY TONG tracey.tong@metronews.ca



REPORT. The water here is among the safest in the world to drink — despite some residents' concerns after a massive sewage spill into the Ottawa River.

The Ministry of Environment chief drinking water inspector's report yesterday gave Ottawa's Public Works and Services Department perfect quality scores at four of its six municipal water systems in its 2006-'07 annual report.

Local concerns arose after it was recently learned that a valve got stuck open in August 2006 and released a billion litres of raw sewage into the river.

But Ottawa's director of water services Dixon Weir said drinking water has "no connection with the spill whatsoever."

The report provides consumers with tremendous confidence in municipal drinking water, said Weir. "It's a service that every single

"It's a service that every single person uses from the time they get up to the time they go to bed"

Holograms similar to licences, health cards confiscated

A city man faces fraud-related charges after Ottawa airport border agents found a package containing holograms similar to those on driver's licences and health cards that could be used to make fake IDs. Charged is Tadeusz Zozislaw Lakomy, 56. OTTAWA POLICE

# **Ottawa**



#### **Bells toll in 600 cities**

Dozens of bell towers in the capital region — led by the Peace Tower carillon — will ring in unison with bells in over 600 cities and communities across Canada today at 11 a.m., to commemorate Samuel de Champlain's landing in 1608 at the place where he was to found Québec.

NATIONAL CAPITAL COMMISSION

# Ready to sing the blues

300,000 expected to grace Ottawa Bluesfest to hear 221 music acts

This year's event offers six stages to choose from.

TRACEY TONG tracey.tong@metronews.ca

Workers bustled yesterday to put the final touches on the stages that will showcase some of the continent's top musical acts over the next 11 days.

More than 300,000 music lovers are expected to flood the Cisco Ottawa Bluesfest to see 221 artists, ranging from big-name headliners like The Tragically Hip, Feist, Fergie, and Snoop Dogg, to emerging talents still look-

Gord Downie, right, and The Tragically Hip kick off the event on the main stage tonight.

ing for their big breaks.

"This year, we have great, diverse artists," said the festival's executive and artistic director, Mark Monahan.

In its 15th year, Bluesfest organizers have added a new stage, which bumps the number to a record six. They've also reconfigured the site, which means more space and easier access to concerts.

Bluesfest has come

weekend festival beginnings and it's about more than just blues music, festival spokesman A.J. Sauve. The festival, which runs through July 13, also offers world music. alternative. rock, jazz, soul, rap, folk and urban.

a long way since its

"We thrive on diversity," he said.



Cisco Ottawa Bluesfest executive director Mark Monahan in front of the event's main stage at LeBreton Flats yesterday, said the 2008 festival features a diverse array of artists.

The beauty of the festival is that it also features less well-known acts for music lovers to discover. This year, Bluesfest features 60 acts from the region, said Sauve.

"We're proud to give them the opportunity, but we also think they merit it," he said.

Kicking off the festival tonight are The Blind Boys of Alabama on the new Roots stage; The Tragically Hip on the Bank of America Stage and for the younger set, Matt Mays and El Torpedo and TV on the Radio, at the Rogers

#### lineup

For the complete schedule, visit ottawabluesfest.ca.

stage

"Each stage could be a festival all on its own," Sauve said

## shooting

## Gunshot victim in stable condition

Gun-related incidents are being investigated after a man arrived at a city hospital with bullet wounds.

Police said yesterday that hospital staff alerted them to a gunshot victim who arrived in hospital at around 5:30 p.m. on Canada Day.

Less than an hour later, police arrested five males for firearm possession on Jasmine Crescent, in the east end.

The investigations are ongoing and police have yet to confirm if the two incidents are related, said Cons. J.P. Vincelette, adding that charges had yet to be laid as of yesterday.

The victim remained in stable condition in hospital yesterday.

Anyone with informa-

Anyone with information on the incidents can contact Ottawa Police Major Crimes Unit at 613-236-1222. ext. 5493.

TRACEY TONG/METRO OTTAWA

## Transit 'needle' opposed for hospitals

TIM WIECLAWSKI tim.wieclawski@metronews.ca

The city will be looking into a transit corridor to service two city hospitals, but the area councillor warns that an environmental study there will only prove the proposed route is not possible.

"It's not a wedge. It's the eye of the needle," said Peter Hume (Alta Vista). "You can't put it in this location. It's just not possible."

The proposed route would link the Transitway at Riverside Drive to the "This was always something that had to be studied and not studied in isolation because of the concern of a handful of residents."

David Jeanes,

Transport 2000 chief

Blair station along a hydro corridor north of the Children's Hospital of Eastern Ontario and the Ottawa Hospital General campus. When proposed in 2003, area residents appealed to the Ontario Municipal Board, which reserved judgment until an environmental assessment was done, with a deadline of December 2009. However, Transport 2000 president David Jeanes said the opposition is due to a small group of people on Browning Avenue, who would see a walking path replaced.

Jeanes said the corridor would enhance an underserved section of the city, given that the hospitals create a large amount of day transit traffic, but have no main dedicated routes. "This was always something that had to be studied and not studied in isolation because of the concern of a handful of residents on a small street in Alta Vista," he said.

Dale Wagner, a board member with the Riverview Park Community Association, said the cost of the project does not make sense, since the Transitway would have to go over or below Russell Road and Alta Vista Drive.

The hospitals are better served by a shuttle from Hurdman Station, he said.

minor charges

#### Councillors not fazed by web survey

TIM WIECLAWSKI

It's a nice pat on the back, but councillors who ranked highly in a recent survey by a city hall watchdog group don't put much

stock in the results.

"I think they may be dead-on about me, but I'm not so sure about how they ranked the mayor and the rest of council," joked Coun. Doug Thompson, who had a top 71.4 approval rating in Eye on Ottawa's recent online survey of council.

Thompson said the survey was too limited, with only 499 valid submissions — only seven specific to him — to take seriously, but said it's nice to receive positive feedback.

Eye on Ottawa spokesman Blake Batson admitted online polls are imperfect, but said respondents' overall disapproval (80 per cent) is telling.

"There is a real sense in the public that things are not going well," he said. "This is just another way to show that there is this concern out there."

Thompson said council should be judged closer to the end of its term, as, despite the slow pace and often contentious debates, progress is being made.

Coun. Clive Doucet ranked highly with a 66.7 approval rating, but said council has not been functioning as well as it should.

"When they measure us, in the end we should be a team," he said.

#### **News** in brief

LICENCE Ottawa's Super Ex will call Lansdowne Park home for at least two more years. A city committee yesterday renewed its licence until 2010, with the option for three one-year extensions. The licence will cost \$375,000 per year, but the city will provide \$125,000 this year, with municipal support dropping each successive year. THEFT A convenience store manager suffered minor injuries after a man armed

injuries after a man armed with a handgun robbed a Mac's Milk in the south end yesterday. The lone male struck the manager and then ran away with merchandise and money.

METRO OTTAWA

## Most behaved on Canada Day, police say and one for a breach of some from getting injured.

TRACEY TONG tracey.tong@metronews.ca

Canada Day revellers celebrating on and around Parliament Hill behaved — for the most part.

Six people face criminal charges — four for assaulting police, one for assault

and one for a breach of conditions — while another 26 people face a variety of non-criminal charges after police arrested 32 people during Canada Day festivities that drew hundreds of thousands of people into the core on Tuesday.

Although people largely behaved, it didn't stop

"The call volume triples to almost 800 on Canada and Day," said paramedics spokesman J.P. Trottier, noting paramedics were stationed downtown on binerus, ATVs, on foot and in tents.

He said the majority of calls were heat-related.

Minor charges issued on Canada Day include public intoxication, breaching liquor laws and trespassing, Const. J.P. Vincelette said yesterday. Vincelette added, "there was a lot of drinking, but it was no worse than any other

Momin Khawaja's defence lawyer yesterday suggested Khawaja attended a training camp in Pakistan not to participate in a British bomb plot but rather to prepare to fight in Afghanistan. METRO NEWS SERVICES

3



"The world has got to know we've suffered this indignation."

Don Courchene, a former student at the Fort Alexander Indian Residential School in Manitoba.



#### say sorry

Canadian survivors of abuse inflicted by Catholic clergy during the 20th century are demanding an apology from Pope Benedict XVI, left, similar to the one he offered to victims in the U.S. METRO NEWS SERVICES

# Sports betting coming soon?

#### Move to help casino cities

The federal and Ontario governments are moving towards allowing Las Vegas-style sports gambling in provincial casinos, Torstar News Service has learned.

In a plan to help boost sagging casino revenues in Niagara Falls and Windsor, where the high Canadian dollar and increased border security mean fewer Americans, Queen's Park is urging Ottawa to amend the Criminal Code of Canada and create casino "sportsbooks."

NDP MP Joe Comartin said he has approached the federal conservatives several times to get the move



"What it would do is generate traffic into

# the casino for that particular type of betting."

NDP MP Joe Comartin

"What it would do is generate traffic into the casino for that particular type of betting and then you also pick up additional business," he said, adding other provinces are also lobbying Ottawa for the change.

TORSTAR NEWS SERVICE

#### Quebec City 400th anniversary



People stroll past the Chateau Frontenac in Quebec City yesterday. Prime Minister Stephen Harper and French Prime Minister François Fillon will today lead a delegation of politicians that will salute the city's 400th anniversary as marked by the arrival of explorer Samuel de Champlain on July 3, 1608, and founded what would become Quebec's provincial capital.

#### Gen. Hillier passes the torch to Natynczyk

MILITARY. The official procedure that handed responsibility for the Canadian Forces from outgoing Chief of Defence Staff Gen. Rick Hillier to Gen. Walter Natynczyk took just a few minutes to complete.

But the entire affair stretched to two hours, with speeches from politicians, a 21-gun salute, planes, guns and cheering crowds. It peaked with Hillier, who started as an armour officer, stepping aboard an old, squeaky tank and riding off to retirement. Natynczyk, an army commander who served as vice-chief to Hillier, oversaw the Canadian Forces' multi-billion dollar budget. TORSTAR NEWS SERVICE

#### Order of Canada



Henry Morgentale

#### Morgentaler nod panned by Harper

PRO-CHOICE. Prime Minister Stephen Harper has criticized the decision to award the Order of Canada to pro-choice crusader Dr. Henry Morgentaler because of its potential to sow dissension among Canadians.

"My preference, to be frank, would be to see the Order of Canada be something that really unifies, that brings Canadians together," he told the media yesterday.

TORSTAR NEWS SERVICE



# Over one million Canadians choose 10·10·yak for long distance...

## ... and here's why.

No Sneaky Fees with 10°10°yak! When we say no sneaky fees, we mean it. Most people don't even know their phone company charges a monthly access fee buried somewhere in their bill.

**No Minimum Fees with 10-10-yak!** Some companies like 10-10-100 offer a low rate, but then you find out you have to pay a 25¢ minimum fee. Why can't they just be straight shooters like Yak? Well, the answer's simple – you're attracted by the low rate and they hope you don't notice you're paying more. *Egad!* That's not the Yak way.

**No Promo Pricing at Yak!** Sure we could offer you a month or two for "free" and then jack up the rates, or offer \$10 off some service and then ... whammo, you find your bills are right back up

there. Did you know that *never* in Yak's history have our rates *ever* gone up! Rates always go down and you AUTOMATICALLY get the best rate possible.

No Contracts\*! Use us when you want to. Just try and do that with a big telephone company. Once you've signed one of their contracts you'll find your provider jacks up the rates regularly or boost the monthly fees or the access fees (Rogers raised their so called "system access fees" by 32%). How about the network fees? If you don't have a Bell long distance plan, welcome to a \$1.25 "network connection fee" on your first long distance call each month – make one call for one minute in Canada and you're paying more than \$1.25.

REMEMBER: Yak is a nationally available 10-10 company and our

rates **never** go up. You'll never pay any fees what-soever. With Yak, there are no contracts, there are no credit checks and all calls appear on your local telephone bill.

rates to over 50

What is Dial-Around? 10-10-yak (925) is a simple seven-digit code you dial before every long distance call you make. After dialling 10-10-925 do not wait for a dial tone, simply dial the long distance number you're calling in one continuous sequence. For North America: dial 10-10-925 + 1 + area code + number. For overseas: dial 10-10-925 + 011 + country code + number. No extra bill, no hassle, no contracts. Just great Yak rates.

Just call 1-866-473-0690 or visit www.yak.ca and we'll show you why over one million Canadians choose Yak.





# To start saving today just dial 10-10-925 I can't believe before your long distance call.

Terms of Service apply; for full details visit www.yak.ca. Yak services are not available in all areas. Please call 1-866-473-0690 for availability and full service details



**Canadians recognized for heroic acts** 

Marc Patterson of Kamloops, B.C., was honoured yesterday in Pittsburgh with a Carnegie medal for heroic acts, for saving a 12-year-old boy from a cougar last August. Deborah Chiborak and Gerard Beernaerts, both of Winnipeg, were recognized for saving an 89-year-old woman from an oncoming train. METRO NEWS SERVICES

# centuries, must remain a presidential republic." Russian President Dmitry Medvedev on his belief that a parliamentary democracy won't work for his country.

# "Russia ... perhaps for



#### changing tone

Dmitry Medvedev said yesterday his presidency would have a different tone from his predecessor and mentor Vladimir Putin's and hinted the Kremlin might consider easing its complete dominance over domestic politics.

# **Betancourt set free**

#### Politician one of 15 hostages saved by Colombian army

Colombian soldiers come to the rescue of people held for years by leftist auerrilas.

French-Colombian politician Ingrid Betancourt, three Americans and 11 other hostages held for years in jungle captivity were rescued yesterday from leftist guerrillas by Colombian troops posing as aid workers.

The rescue was a huge coup for popular President Alvaro Uribe, an anti-guer-

#### reasonably good health

Colombian Defence Minister Juan Manuel Santos said yesterday that all 15 hostages rescued by his troops — including Betancourt and three Americans — were in reasonably good health despite having been held in harsh conditions.

rilla hard-liner who has used billions of dollars in U.S. aid to push the rebels onto the defensive, cut crime and spur economic growth.

Betancourt, 46, was the highest profile captive held by the Revolutionary Armed Forces of Colombia,

known as the FARC, Latin America's oldest surviving left-wing insurgency.

A former presidential andidate, her dual candidate, French-Colombian nationality had helped bring world attention to the plight of hostages held by the rebels.

"I believe that this is a sign of peace for Colombia, that we can find peace," Betancourt said, thanking the Colombian military for her rescue and weeping as she made her first public comments, carried on Colombian radio station Caracol.

Minutes later a pale but smiling Betancourt landed at Bogota's military air base, walking down the stairs of the plane and hugging her mother, Yolanda Pulecio, on the runway.

The rescue was carried



French-Colombian politician Ingrid Betancourt hugs her mother as she disembarks from an aircraft in Bogota, Colombia, vesterday after she was rescued from leftist querrillas.

out in the southern jungle province of Guaviare, Santos said. Soldiers posed as members of a fictitious non-government organiza-

tion that supposedly would fly the hostages by helicopter to a camp to meet with rebel leader Alfonso Cano.

#### Mugabe's assets could be frozen

un, Zimbabwean President Robert Mugabe and his central bank chief are among those who, under a U.S.-drafted resolution, would face UN asset freezes and travel bans over last week's widely



Mugabe

criticized election. According to the latest version of the draft. Mugabe is among 12 people who

would face UN sanctions because he is the "Head of Government responsible for activities that seriously undermine democracy, repress human rights and disrespect the rule of law.

Central Bank Governor Gideon Gono would face sanctions because he is "responsible for funding repressive state policies. the text says.

#### Mongolia election fraud protests



A soldier stands outside the Mongolian People's Revolutionary Party (MPRP) building during clashes between protesters and police in Ulan Bator, Mongolia, Tuesday. Five people were killed and more than 300 injured in a riot in Mongolia's capital among people alleging fraud in a weekend election, the country's justice minister said vesterday.

#### Dozer rampage kills 3

JERUSALEM. A Palestinian construction worker rampaged in a bulldozer along one of west Jerusalem's busiest streets yesterday, killing three Israelis as he crushed cars and over-turned a bus before being shot dead.

There was no claim of responsibility from militant groups and police said they were trying to establish if 30-year-old Hosam Dwayyat had acted alone. At his family home in the Arab east of the city, there was

#### separation?

A senior aide to Israeli Prime Minister Ehud Olmert, Vice Premier Haim Ramon, said the incident showed that some Palestinian areas like the one where Dwayyat lived should be separated from Jerusalem.

no sign of the crowds and banners that normally accompany the funerals of Palestinian guerrillas.

#### **News** in brief

ESTATE. New York hotelier and real estate magnate Leona Helmsley left millions to her beloved dog, Trouble, but she has left between \$5 and \$8 billion to be put toward the care of dogs in general, The New York Times reported

IRAN. Iran said yesterday it was ready to consider a U.S. diplomatic presence in Tehran and called for direct flights between the two countries, nearly three decades after Washington severed ties with

REUTERS





# Suite Dreams.com

#### It's Your Retirement Lifestyle!







#### Located downtown in a residential neighbourhood along the Rideau Canal

- 72 spacious suites with kitchens.
- Special monthly rates & meal packages.
- Social events and activities.
- Fitness room.
- Maid and laundry service.
- Dining room with room service.
- Hi-speed Internet.
- Indoor pool, whirlpool, sauna.
- Outdoor patio & shuffleboard.
- Family owned & operated.

#### Google-Yahoo deal subject of antitrust probe, says paper

The U.S. Justice Department has opened a formal antitrust investigation into an alleged deal between Google and Yahoo to share some advertising revenue, The Washington Post reported yesterday. REUTERS

# Business

#### Dollar

0.61¢

98.68¢ U.S. \$1,0134

#### Oil



\$143.57 U.S.

#### Mannequins



Mannequins are put on display during a news conference by Purform, a New Zealand based plastic manneguin brand, in New Delhi vesterday. The company is reportedly moving its entire production to India to tap the huge market. REUTERS

# **Canadians expected** to tighten spending

Confluence of factors will impact finances: Report

A new Toronto Dominion Bank report suggests spendthrift Canadians will sober up their spending over the next 18 months, partly because an anticipated retreat in commodity prices will temper national income growth.

A confluence of other factors — including weaker labour-market condicooling housing markets and tamer wealth accumulation — will also force Canadians to get a grip on their finances. Consumer-spending growth is anticipated to slow from an annualized rate above 5 per cent in early 2008 to a

cent pace in 2009.

"Households have been spending almost drunken sailors over the past couple of years, which provided critical support to the economy when the export-oriented manufacturing sector had been suffering," the report said.

TORSTAR NEWS SERVICE

Metro Ottawa 130 Slater Street, Suite 300 Ottawa, ON K1P 6F2 main: 613-236-5058 toll free: 1-888-916-3876 fax: 1-866-253-2024 sales: 613-236-5058 editorial:ottawaletters @metronews.ca website: www.metronews.ca

 Publisher C Dave Kruse Editor-In-Chief Dianne Rinehart

- Managing Editor Derek Gordanier Interactive Director
- Marketing Manager
- lan Clark

   Distribution Manager
- Bernie Horton
- Distribution inquiries ottawa\_distribution@metronews.ca
- Group Publisher, Metro English Canada Bill McDonald

Metro is the world's largest international newspaper, with more than 20 million daily readers and more than 42 million weekly read-



#### **News** in brief

**BLACKBERRY.** India's telecoms ministry does not see any secu rity risk from Research In Motion's BlackBerry and has no plans to shut the service. Indi-. an security agencies said militants could use the device to send e-mails that could not be REUTERS traced.

#### Canadian auto sales drop

TORONTO. Canadian auto sales were lower in June with another sharp 23.8 per cent skid at General Motors of Canada as rising gas prices weighed on de mand for SUVs and light trucks, according to company figures vesterday.

But Toyota bucked the overall drop with a gain of 8.8 per cent as consumers snapped up its fleet of fuel-friendly vehicles. Canadian auto sales fell 5.7 per cent year-onyear to 159,500 vehicles in REUTERS



#### DR. D. CHINESE MEDICINE, Acupuncture & Massage Clinic

Dr. D. Quoc DTCM., c.a.c., D.a.c., B.S.c., B.Ph., D.N., D.O. rs clinical experience & research Disposable Needles pecialist • Pharmacist • Osteopath • Naturopath • Massother isor at Saigon Medicine/Pharmacy University, Vietnam

FREE CONSULTATION

#### RECOMMENDED FOR:

Kidney Stones, Sciatica, Frozen Shoulder, Facial Paralysis, Tennis Elbow, Fybromyalgia, Whiplash, Arthritis, Crohn's Disease, Insomnia, Allergic Rhinitis, Migraine, Asthma, Hypertension, Diabetes, Gastritis, Chronic Fatigue, Back Pain, Stroke, Heart Problems Impotence, Menopausal Syndrome, Depression...etc

> Vanier Medical Centre 292 Montreal Rd., Vanier 613 263 0063 • 613 276-7750



Baseball The Ottawa Rapidz strung together five consecutive hits and four runs in the top of the fifth inning to propel them to a 5-2 victory over the Sussex Skyhawks last night. METRO NEWS SERVICES

NBA The Seattle SuperSonics and the City of Seattle reached a settlement in their tempestuous arena lease dispute yesterday. The team's owners agreed to pay the City of Seattle \$45 million US in order to terminate the lease. In turn, the Sonics can move to Oklahoma City immediately. METRO NEWS SERVICES

# **Sports**

"Whether we like it or not, we're going down this road."

PGA Tour commissioner Tim Finchem on the new drug testing program launching at this week's AT&T National.



#### **Big offer**

him by the Los Angeles

# Sundin waits, Hossa signs

Longtime Leafs star not ready to make decision on returning to NHL

A day after nearly \$400 million was spent on 50 players, two of the NHL's elite free agents — Mats Sundin and Marian Hossa — managed to leave about \$100 million in the pockets of owners.

They did it for their own reasons: Sundin, because he wants to think about it. Hossa, because he wants to win a Stanley Cup.
Sundin, with nothing but time

on his hands, issued a statement thanking various teams for their interest, before adding: "I am simply not close to being ready to make a decision about resuming my career at this time."

With that, a two-year, \$20 million US offer from the Vancouver Canucks that would make him the highest-paid player in the NHL was on hold. As was a two-year, \$14 million offer from the Leafs. and lucrative deals from other teams.

For how long, no one knows.

"He's obviously very uncomfortable in having to make a decision right now, and has chosen not to, said Leafs GM Cliff Fletcher. "The minute Mats makes his mind up,

we'll deal with it at that time."

And with a "That's Mats" attitude, the rest of the NHL went back to the busy work of signing

free agent frenzy continues

Atlanta — Ron Hainsey, D, 5 yrs, \$22.5 million. Columbus — Kristian Huselius, LW, 4 yrs, \$19 million. Dallas — Sean Avery, C, four years, \$15.5 million. Detroit — Marian Hossa, RW, 1 yr, \$7.45 million. N.Y. Islanders — Doug Weight, C, 1 yr, \$1.75 million.

Ottawa — Shean Donovan, RW, 2 yrs, \$1.25 million; Jarkko Ruutu, LW, 3 yrs, \$3.9 million.

Pittsburgh — Brooks Orpik, D, 6 yrs, \$22.5 million.

Vancouver — Nolan Baumgartner, D, 1 yr; Ryan Johnson, C, 2 yrs, \$2.3 million; Curtis Sanford, G, 1 yr, \$650,000.

players on the second day of free agency.
The Detroit Red Wings were the

first team to move on, inking Hossa, the 29-year-old sniper, to a oneyear contract worth \$7.45 million that removed Detroit from the Sundin sweepstakes. But it was the terms — the fact Hossa left roughly \$85 million on the table - that had hockey minds bewildered.

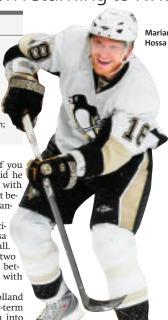
Hossa had plenty of offers, with Edmonton believed to be the big bidder with an offer worth between \$70 million to \$80 million over eight or nine years.

Pittsburgh, which had acquired him at the trade deadline and rode him to the Stanley Cup final, wanted him back, too, reportedly offering a \$49 million, seven-year offer to stay.

But, in a classic case of if you can't beat 'em, join 'em, said he left Pittsburgh and signed with Detroit not for the money but because he wants to win the Stan-

ley Cup.
"It was a really tough decision for me to make," Hossa said in a conference call. "When I compare those two teams today, I would have a better chance to win the Cup with

Detroit." Red Wings GM Ken Holland couldn't offer Hossa a long-term deal because the Wings run into salary cap issues in 2009 when Henrik Mikael Zetterberg, Samuelsson, Jiri Hudler and Johan Franzen are due to become free agents. TORSTAR NEWS SERVICE



#### Sens add Ruutu. keep Donovan

NHL The Ottawa Senators signed wingers Shean Donovan and Jarkko Ruutu to multi-year contracts yesterday.

Donovan, 33, signed a two-year deal to stay with the team for which he scored five



2007-2008. Ruutu, who had spent the past two seasons with the Pittsburgh Penguins, signed a three-year contract. He tallied six goals and 16 points last season for the Eastern Conference champs, and has 36 goals and 83 points in seven seasons with Pittsburgh and Vancouver.

METRO NEWS SERVICES

#### SCOREBOARD

YESTERDAY'S RESULTS

AMERICAN LEAGUE Baltimore 5 Kansas City 2 L.A. Angels 7 Oakland 4 Minnesota 7 Detroit 0 Minnesota 7 Detroit 0
Texas at N.Y. Yankees
Boston at Tampa Bay
Cleveland at Chicago W. Sox
Toronto at Seattle
NATIONAL LEAGUE

Florida 4 Washington 2 Philadelphia 7 Atlanta 3 Pittsburgh 9 Cincinnati 5 L.A. Dodgers at Houston N.Y. Mets at St. Louis San Diego at Colorado

Chicago Cubs at San Franciso

TODAY'S GAMES

AMERICAN LEAGUE

Boston at N.Y. Yankees, 7:05

Kansas City at Baltimore, 7:05 Oakland at Chicago W. Sox, 8:11 Detroit at Seattle, 10:10 NATIONAL LEAGUE L.A. Dodgers at Houston, 2:05 Milwaukee at Arizona, 3:40 Chicago Cubs at San Francisco, 7:05 Philadelphia at Atlanta, 7:10 Washington at Cincinnati, 7:10 Florida at Colorado, 8:05 N.Y. Mets at St. Louis, 8:15

WFFK 2

WEEK 2
TONIGHT'S GAMES
Hamilton at Toronto, 7
Calgary at Edmonton, 10
TOMORROW'S GAMES
Winnipeg at Montreal, 7

#### Saskatchewan at B.C., 10 BASEBALL

CAN-AM LEAGUE GAMES FEATURING THE OTTAWA RAPIDZ:

LAST NIGHT'S RESULT

OTTAWA 5 Sussex 2 TONIGHT'S GAME OTTAWA at Sussex, 6:35

LOTTERIES

12, 18, 19, 35, 42 & 43. Bonus 44 Lotto 6/49

1, 2, 7, 9, 13, 17, 18, 19, 20, 22, 28, 30, 32, 35, 36, 40, 55, 61, 64, 68. Results not official





(613) 236 9770

130 Albert St, Suite 900

parlez



World No. 1 Roger Federer plays a backhand against Mario Ancic of Croatia during men's quarterfinal action yesterday at Wimbledon. Federer won to reach his 17th Grand Slam semifinal in a row.

#### Federer breezes into semifinals TENNIS Champion Roger Federer banished menac-

ing storm clouds yesterday set up a tantalizing Wimbledon semifinal date with Marat Safin.

The Swiss' pursuit of a modern-era record sixth successive title showed no signs of slowing down when he outgunned, outthought and ultimately outclassed Croatia's Mario Ancic 6-1, 7-5, 6-4 to reach his 17th grand slam semifinal in a row. There the world No. 1

will meet Russian hot-head Safin, who survived a mini eruption in the first set to overcome Spanish 31st seed Feliciano Lopez 3-6, 7-

Andy Murray's hopes of ending Britain's 72-year wait for a men's champion were dashed when he was on the receiving end of a 6-3, 6-2, 6-4 lesson from two-time runner-up Rafael Nadal.

The women's semifinals are scheduled for today.

Party starter. Performances portraying 5,000 years of Chinese history will be among the highlights of the Olympics' opening ceremony, according to the China Daily. METRO NEWS SERVICES

#### sports

#### 7

# Beijing Games :

#### Chinese wrestler banned for life

DOPING. Wrestler Luo Meng became the second Chinese Olympic hopeful to be banned for life after testing positive for a banned substance, state media reported yesterday.

Luo followed top swimmer Ouyang Kunpeng, whose positive test for the banned steroid agent clenbuterol was confirmed last week, in receiving the punishment, Xinhua said.

Luo tested positive for using a banned diuretic, a weight-loss substance that can be used to get rid of the by-products of performance-enhancing drugs. The wrestler's coach, Zhang Hua, also received a life ban. REUTERS

### Australia makes nice over training

NEW DEAL. The Australian swimming team will thrash out a deal with Malaysia to ensure their Asian hosts' Olympic training schedule is not turned upside down.

Reports had said the Australians, who have rented Malaysia's National Aquatic Centre, were refusing to share pool time with the Malaysian swimmers, forcing them to get up before dawn to get training in.

But Swimming Australia said yesterday the reports were inaccurate. REUTERS

#### Pistorius fails in first 400 bid

ATHLETICS. Double amputee Oscar Pistorius failed in his first bid to reach the Olympic 400 metres qualification time at an athletics meeting yesterday in Milan.

The South African, who runs with carbon fibre blades attached below the knees, is entitled to compete against able-bodied runners following a Court of Arbitration for Sport ruling in May.

#### Tomorrow's lineup

IT'S ALL IN THE SUIT. Since swimmers started wearing the Speedo LZR Racer model in February, more than 40 world records have fallen. Pick up tomorrow's Metro to read more.

days remain until the official start of the 2008 Summer Olympic Games in Beijing.

# Race to the top

P.E.I. native ready to run

Jared Connaughton was always fast.
Whether he was at the hockey
rink or on the soccer field, he was
by far the fastest kid in New
Haven, P.E.I., an offensiveminded forward who left
defenders in his dust.

"It was sort of my thing," he recalls. "I was known for it."

MATTHEW WUEST for Metro Canada

He relied on it. He never spent much time refining his technical skills in either sport because his break-away speed alone was enough to make him an effective player.

But he didn't officially begin his journey to becoming the fastest man in Canada until he hit Crad.

da until he hit Grade 11.

That's when he discovered track — a sport he'd never considered because his small Maritime island didn't have proper facilities — and dropped everything to make it his life.

"Track and field isn't something participated in at a high level in my province," Connaughton says. "To see it as something that could get you on an Olympic team, or an opportunity for an education or a profession, was a lofty goal."

Connaughton can thank David MacEachern, a Charlottetown, P.E.I., native and gold-medal winning bobsledder at the 1998 Winter Olympics in Nagano, for helping him find his true calling relatively late in the career of a sprinter.

MacEachern was looking for elite athletes to train for high-level sport, and he found a great one in Connaughton.

The two connected in March 2002, and six months of heavy train-

Runner
Jared Connaughton is
a shoo-in for an
Olympic spot after completing a
four-year track career at the University
of Texas at Arlington.

ing later, Connaughton won a gold medal in the 200 metres at the Canadian youth championships.

"I went from basically nothing to fastest youth in Canada in a very short period of time," he says. "I think that was my awakening as far as what my potential could possibly be."

It's been a miraculous evolution for Connaughton, who, at age 22, is a shoo-in for an Olympic spot after "I'm considered, right now, on paper, Canada's fastest man, and that's a pretty cool place to be."

Jared Connaughton, sprinter

completing a four-year track career at the University of Texas at Arlington. With no formal track

facilities in P.E.I., Connaughton learned the
ropes in a 60-metre
hallway outside
his school gym,
and when the
weather improved, he
took his training outside.
"I hammered
blocks into

the turf on the

soccer field, I

ran on a dirt track, I ran on a baseball diamond, I ran up sand dunes," he says. "The sky's the limit on my imagination, training-wise.

"At the time, I didn't know
any better. I later
learned it was
kind of a
crazy training atmosphere. But it
worked for

me."
He says there are times when he wonders where he'd be today if he hadn't quit hockey or soccer, but those moments are fleeting because of the success he's had as a sprinter.

"I'm considered, right now, on paper, Canada's fastest man, and that's a pretty cool place to be," he says. His best time in the 100 is 10.15

Fig. 10.15 seconds, and he has a 20.35 clocking in the 200. Both are Olympic A standards. He is confident he will reach his peak in Beijing.

"All I have to do is execute and I

"All I have to do is execute and I can be one of the fastest men in the world," Connaughton said. "That's a really, promising, motivating thought to give yourself every day."



Swimmer Michael Phelps.

#### Phelps lands another berth

**SWIMMING.** Michael Phelps staked his claim to another Beijing Olympics berth during the U.S. swimming trials on Tuesday with a sizzling performance in the 100 metres freestyle preliminaries.

Phelps became the sixth swimmer to clock under 48 seconds with a time of 47.92 to win his heat then withdrew from the event believing he had done enough to secure a spot on the 4x100 relay team.

"One and done," Phelps' coach Bob Bowman told reporters. "He was trying to break 48 and he did and that sets him up nicely for the relay."

Phelps, who has targeted Mark Spitz's record of seven gold medals at a single summer Games in Beijing, has qualified in the 400 metres medley and 200 metres freestyle.

His victory in the 200 freestyle also clinched him a place on the 4x200 relay squad.

#### **Sports** in brief

U.S. TRIALS. Natalie Coughlin and Aaron Peirsol blitzed to world records in the 100 metres backstroke at the U.S. swimming trials on Tuesday. Coughlin stormed to the wall in a time of 58.97 seconds, becoming the first woman to dip under 59 seconds. Peirsol powered home in 52.89 seconds.

REUTERS

DRUG TESTING. Dara Torres, fearful she will be branded a drug cheat rather than an Olympic great, is undergoing unprecedented drug-testing as she bids to earn a trip to her fifth Games at this week's U.S. swimming trials. At 41, she will be the oldest female swimmer to compete at the Games — if she qualifies in the 50- and 100-metre freestyle. REUTERS

#### Fast facts

NAME: Jared Connaughton. HOMETOWN: New Haven, P.E.I. AGE: 23 on July 20. MEASUREMENTS: Five-foot-nine, 180 pounds. SPORT: Track. SPECIALTIES: 100 metres, 200 metres, 4x100 relay.

OLYMPIC QUALIFYING: July 3 to 6 at the Canadian track and field championships in Windsor. Ont.

**OFF THE TRACK:** Trivia and movie buff.

# **Tech Now**



#### **Dangerous driving**

Driver distractions of some sort cause 4,000 to 8,000 car crashes every day in the U.S. SOURCE: U.S. DEPT. OF TRANSPORTATION

# Talking on your handheld while driving?

#### Mind crossing MacDonald-Cartier Bridge

As of July 1 in Quebec, the grace period came to an end regarding legislation banning the use of handheld cellphones while driving. If you are caught now, it's a \$115 dollar fine and three demerit points off your licence.

Earlier this year, Quebec and Nova Scotia passed a cellphone law. They become the second and third Canadian provinces after Newfoundland and Labrador to ban hand-held cell phones in vehicles.

Ontario, B.C and New Brunswick, meanwhile, are "looking" at such a law. In the U.S., July 1 also marked the first day of a new ban on "drive and chat" in the car-crazy state of California and in Washington.



There are 23-million licensed drivers in California and the Public Policy Institute of California is predicting that 300 lives could be saved in the first year of this legislation.

There are now only seven states with a full ban on cellphone use. Three others are debating a ban and 16 others have partial bans. A study by Carnegie-Mellon University released in March of this year said

that any noise in a car reduces brain activity associated with driving by 37 per cent. The American Psychological Association reported that talking on a cellphone reduced brain activity related to driving by 50 per cent.

And other studies show that using hands-free technology is not much better.

Is all this for our own good? Well, for the cynics out there, the state of New York generated \$27 million dollars in fines in the first three years of its cellphone ban law.

But Quebec road safety expert Etienne Blais told CTV News that the added distraction leads to an increase in collision risk.

"It's quite the same as driving while intoxicated



by alcohol or even speeding," said Blais. Cellphone use while driving is on the rise, according to an August 2007 survey conducted by the Canadian Traffic Injury Research Foundation. That study said that 37 per cent of drivers admit to using their cellphones while driving in 2007, compared to just over 20 per cent in 2001. And what are other na-

tions doing? Well, 46 nations have bans in effect including high-tech countries like Japan, South Korea, Singapore the U.K., Ireland and Israel. By the way, in most jurisdictions, the law applies to those who are visiting ... so be careful where you use your cell.

Paul's Web site of the week: www.101things.ca Canada Day may be over but you can still suggest and vote for the thing you believe makes Canada, well, Canadian.

#### **Next Tech Now**

This Sunday one of the stories will take you inside a data cave. It is a virtual experience unlike any other. And don't forget to check our website at ctvottawa.ca



## **TECH NOW**

WITH PAUL BRENT

Sundays 6:00 OTTAWA'S NEWS LEADER



#### ONLINE / IN CLASS LANGUAGE TRAINING

FRENCH AS A SECOND LANGUAGE FOR
HOTEL AND TOURISM (PART TIME)
Fully subsidized by the Government of Ontario

July 8 to September 30, 2008 (Level 1)

Call today! Spaces are limited!

#### FRENCH, ENGLISH AS A SECOND LANGUAGE

PART TIME: July 7 to September 27, 2008

Duration: 12 weeks (36 hrs in class + 36 hrs online) **Evening classes:**Tuesday, Wednesday or Thursday, 6 pm to 9 pm

Saturday classes: 9 am to 12 pm (LEVELS 1, 2, 3)

FULL TIME: June 30 to July 25, 2008 (4 levels)
August 5 to August 29, 2008 (4 levels)

Duration: 4 weeks (60 hrs in class + 60 hrs online)

#### Subsidized by Ontario Ministry of Citizenship and immigration:

Immigrants, new Canadians, and Refugees whose mother tongue is neither French nor English, residents of Ontario

Online licence fee of \$30 per level

Non-subsidized Students: Canadians, out of province residents and visa holders
Online licence fee: \$30 per level + \$175 (part time)
\$30 per level + \$200 (full time)

Éducation Permanente 181, rue Donald, Ottawa Tel. 613-741-2304 ext. 3 Fax 613-741-2191





www.educationpermanente.ca

**House & Home** 

# Backyard sheds don't have to be eyesores

Rustic and charming wooden creations can beautifully accent an outdoor space

The typical backyard shed has long had a reputation as an eyesore — useful but generally an ugly affair stuck into the corner of the backyard.

We are here to tell you that you don't need to put up with an ugly shed any longer. We have seen sheds that accent and beautify the backyard. They look great, and can they multitask! Just use your imagination.

Sure a shed can be used to store gardening and other backyard equipment such as shovels, rakes, lawnmowers, bicycles and the like. But you can also customize a shed to suit your needs.

A shed can be a gardening centre complete with a mini greenhouse, it can be a voga studio, it can be a playhouse for children, it can be a guest room, a pool cabana, a home office, an artist's studio, or a personal retreat.

. In fact, if you have a large backyard, you may even contemplate having several outbuildings. We

We've found that wooden sheds, either built from a kit, or fashioned by hand, are often the most lovely creations, blending into a garden-like environment. If the house has



Wooden sheds blend nicely into a garden-like environment.

cedar shingles or wooden siding, a shed can beautifully match the house in terms of material and style, evoking a rustic natural feel. Unpainted wood ages beautifully into a silvery colour, and looks fantastic against climbing and other plants. To achieve this weather-beaten look, you can also use old French doors on the shed, old shutters, or old mirrors and other 'antique" additions.

If you are lucky enough to have an old barn or

brick shed on your property, you can retain the charm of this material in the garden by either reusing the brick, or build-ing upon the "ruins", so to speak. Or you can bring the material in, and fake the look Natural stone esArresting **Design** 



pecially limestone, has a natural beauty of its own!

A more modern look can also be stunning. We've seen sheds finished in stucco or a similar smooth finish, accented by horizontal wooden decora-

tive banding.
But keep in mind that the look of the shed must match the look of the house, and the gardens, for that matter. For example, a Victorian house would look just plain wrong with a modernist shed — one with gingerbread trim to match the house would be much more suitable.

An old-fashioned garden of rosebushes would work well in this context. On the other hand, a Japanese-influenced garden paired with a simple, modernist house would look great with a shed with shoji doors and

an Asian-inspired roof.

Sheds often include features that mimic the look of the house, such as window boxes or the same lace curtains you have in your living room. Or they can include barn-like features such as weathervanes, or a cupola on the roof or dormers.

These can be cute — just don't overdo it or you'll end up with a shed that looks something out of a cuckoo clock!

Whichever style of shed you decide upon, situate it in such a way that a stone walkway also acts as a viewing platform for the garden or a pool. Use plantings to

enhance the beauty of this little house.

For time savings and a reasonable price, the met-al or vinyl shed package from any big-box hardware store can work, with a little help from your imagination.

But watch out - many are strictly utilitarian. And that would be a shame when there are so many charming and stylish directions the imagination could take when it comes to building a backyard shed.

Tammy Schnurr and Jeffrey Fisher are co-hosts

#### Preventing tired and expired collections from taking over your space

#### Organized **Zone**



Take note all amateur, sentimental and professional collectors — we gotta talk. It really doesn't matter what you collect, but where you showcase or

#### **Ask Brenda**

Send Metro's organizing guru your queries, as well as tales of your organizing problems and successes, at metro@ organizedzone.com. Select letters may be published.

store your collection can be a problem. Especially if you tire of the collection. Then what?

I have a client who collected anything to do with pigs. Friends and relatives thoughtfully gave her pig collectables on numerous occasions. With an abundance of porcine paraphernalia — and limited display areas — her space quickly turned into a pig-

Funny enough, after years of collecting she didn't even like pigs anymore. In fact, she had a constant headache from looking at the mess. But she felt guilty getting rid of the collection. Her

thinking was that if she had friends or relatives come for a visit, the items they gave her should be out for display. I'm thankful that with

reasoning, she finally understands that her company is coming to visit her and not the pigs. Plus, it had been years since she had invited anyone over because her home was so cluttered. Once things were put into perspective, she was ready to let go

and she did.

I've found it's fairly typical for collectors to lose interest in a collection and start another one. They may decide the objects of their affection are dated, meaningless or juvenile, or they may simply want to head in a new direction. So when you decide to

(or fall into) collecting something, make sure you determine where your items will be stored. If the collection exceeds the

space allotted, then you have to edit, reassess, move or stop collecting.

Enough is enough.
• If you do not love dusting, be sure to have a glassed-in curio cabinet or other encased display.

 When arranging your items, remember less is more. The fewer pieces you display, the more visible they'll be. Enjoy them.



**10** lifestyle

Strawberries don't ripen after they've been picked, so buying local ensures berries are at the peak of freshness. Berries are some of the most perishable fruit and are truly at their finest eaten as soon as picked as possible. METRO NEWS SERVICES



"A vivid, unwilted green cap is a good indicator of a fresh strawberry."

Strawberry fields forever:

#### What to look for

Choose fruits that are plump and already brightly coloured. Strawbe ries should be shiny red and have their calyxes (the green cap that joins the berries to the stems) attached



A cool and damp spring delayed this year's local strawberry crop, but finally homegrown berries are here and very much worth the wait. Whether you grow your own, pick 'em at a local farm, or buy them at the market, now's the time to enjoy ripe, sweet and juicy handpicked strawberries. While traditional varieties produce a single crop in June, newer 'day-neutral' strawberries ripen all summer long. These new varieties are still a very small percentage of crops, but more growers are planting them every year to extend the season. Now that's delicious news. **Enjoy them while** available in as many ways as you can, topping your cereal, stirred into yogurt, swirled into smoothies or just as is — how sweet is

#### Strawberries and **Amaretti Mini Trifles**

When it comes to fresh

Enjoy them while you can strawberries, keep it simple. These easy mini trifles can be made about 30 minutes before serving, the liquid will soften the cookie crumbs a little. If this is an adult dessert, splash berries with a little al-mond liqueur. Later in the

#### you prefer. **INGREDIENTS:**

4 cups (1 L) fresh strawber-

season, use a mixture of

berries, as available and as

3 tbsp (45 mL) granulated sugar

18 small amaretti (crisp almond) cookies 1/4 cup (50 mL) brown sugar ½ tsp (2 mL) vanilla 1-½ cups (375 mL) plain or

vanilla yogurt fresh mint sprigs

#### METHOD:

Slice strawberries in half, or quarters if large. Sprinkle berries with sugar, stir gently and let stand 20 minutes to release juices. Roughly break amaretti cookies and layer half between 6 dessert glasses (sturdy wine glass or brandy snifters will work).

Gently stir brown sugar and vanilla into yogurt until smooth. Taste and add more sugar or vanilla, if needed.

Spoon half the strawberries and the juices over the cookie base. Top with remaining cookie crumbs, then remaining strawberries. Spoon yogurt mixture evenly over berries. Chill and just before serving, garnish with mint.

Makes 6 servings.

#### **Strawberry tips:**

 Good for you: Strawberries pack a wallop of healthy nutrients and with only 56 fat-free calories per cup. They provide folate, fibre, magnesium and potassium as well as antioxidants and phytochemicals. Strawberries are high in Vitamin C — just 1 cup (250 mL) meets your daily



While traditional varieties produce a single crop in June, newer "day-neutral" strawberries ripen

Storing: Strawberries are delicate, but will last a few days in the refrigerator in well-ventilated cartons or in a single layer on a paper towel-lined shallow pan. Refrigerate berries, but don't wash until you are ready to use. Then rinse gently and drain on paper towels. Remove the hulls after rinsing.

• To freeze berries whole, rinse lightly, dry well and hull. Arrange in a single layer and freeze until firm, then pack in plastic bags or containers. To freeze vour strawberries with sugar, sprinkle sugar over sliced strawberries - 3/4 cup (175 mL) sugar per 4 cups (1 L) sliced strawberries. Mix well before packing into containers.

Barb Holland is a home economist and food writer who believes in shopping locally and in season.

# Rediscover joy of eating with grain-free recipes

Everyday Grain-Free Gour-met: Breakfast, Lunch and Dinner by Jodi Bager and Jenny Lass is offering people with celiac disease and the growing number of people choosing to go wheat-free — an innovative cooking style that allows them to make all their old favourites in new ways and rediscover the joy of eating. Jodi Bager is president of baked goods manufacturing company Grain-Free JK Gourmet, and Jenny Lass is a Toronto-based medical writer and cooking consultant. Whitecap **Books has offered Metro** this recipe from Everyday **Grain-Free Gourmet:** 

#### Seared Tuna with **Carrot Fritters**

Perfect for company, this dish is simple to make and looks beautiful. It is sure to please all the seared tuna lovers you know. The carrot fritters can be made ahead of time and reheated in a 250°F (120°C) oven for 30 minutes until hot. Serves 4.

#### **INGREDIENTS:**

**Fritters:** 1 cup (250 mL) grated carrot

½ cup (125 mL) grated extra old cheddar cheese ½ cup (125 mL) almond flour

1 tsp (5 mL) baking soda 2 large eggs

1 tsp (5 mL) Dijon or seedy mustard 1/4 cup (60 mL) Yogurt (page

xx) 1 pinch of salt

freshly ground black pep-

sunflower oil for cooking Seared Tuna:

olive oil for brushing on the tuna 11/2 lb (750 g) sushi grade

salt and freshly ground black pepper

#### METHOD:

Add the carrots, cheddar cheese, almond flour, and baking soda to a mediumsized bowl and toss to mix thoroughly.

In another small bowl, combine the eggs, mustard, yogurt, salt, and freshly ground pepper and stir well. Add the dry ingredients to the wet and mix thoroughly.

Coat a frying pan with a bit of oil and turn to medium heat. It is not necessary to fry these fritters in a lot of oil; just a light coating of oil in the frving pan will do the job

Drop heaping teaspoons full of the mixture on the hot pan and fry, turning once, until browned and cooked through.

Place the cooked fritters on paper towels to absorb any excess oil. Transfer them to an ovenproof dish and keep them warm in the oven at 175°F (85°C).

Brush the tuna with a bit of olive oil and season with salt and freshly ground pepper. Heat a frying pan to smoking or heat a barbecue grill to high.



Sear the tuna in the pan or on the grill for two to three minutes per side, depending on the thickness of the fish.

Remove the tuna from the heat and let rest for one minute before slicing with the grain.



Seared Tuna With Carrot Fritters is served with dollops of aioli in between the tuna slices. A recipe for aioli is included in the

#### Steve-O's legal woes

Jackass star Steve-O is facing more legal troubles — a security guard is suing him over an alleged assault at the launch of hotel heiress Paris Hilton's clothing line. IMDB.COM

#### Misses laughs

The Gone Baby Gone star will return to the U.S. sitcom, as Holly Flax, next season.

# **Entertainment**

# in drug case

Tatum O'Neal pleaded guilty to disorderly conduct vesterday in connection with



Tatum O'Neal

her crack-cocaine bust last month - and could have the arrest thrown out if she does as she's told, tmz.com reports. A Manhattan judge ordered the actress to spend two half-day sessions in a drug-treatment program and pay a \$95 US fee. The case will be tossed on Sept. 4 if O'Neal complies. She was arrested June 2 after allegedly trying to buy crack and coke from a vagrant.

#### Van Halen canned from P.E.I. concert

MUSIC Van Halen has been ditched from a concert in Prince Edward Island after government officials realized they can't afford to put it on, femalefirst.co.uk reports. The Charlottetown show was to have taken place this September, but Tourism Minister Valerie Docherty said with the rising costs of the event, "It's not the best use of taxpay-

metr<sub>®</sub>

METRO NEWS SERVICES

# O'Neal pleads guilty pleads guilty Acting for the blue screen

#### Fraser is a veteran of effects-heavy films

"The Audience doesn't want to see anybody's homework," Fraser says.

There's a quiet, dreamy tone to Brendan Fraser's remarks, as if he's not quite present in this hotel room where he's sprawled on a sofa. Long, tiring day on the publicity trail?

Could be. The 39-yearold American-born actor of Canadian descent, who spent four years as a teenager at Upper Canada College — the unpleasant aspects of which gave him material for his role as a prep school student in the . 1992 movie School Ties is promoting not only a movie, but a technology.

He stars in Journey to the Center of the Earth, a 3-D movie adaptation of the 1864 sci-fi classic by Jules Verne. It opens July

It's the kind of effectsheavy movie Fraser is familiar with. In his 1999 hit, The Mummy, he engaged in furious sword fights with mummies onscreen. During the filming, Fraser slashed away in front of a blue screen. The CGI folks put in the mummies af-

terward.
"In my case, I prefer to have no one there," Fraser says. "It's easier for me. You can swing away with vour sword without worabout running rving through a stunt man. The CGI people can then do what they do. The audience doesn't want to see anybody's homework."

In the same way, Fraser is perfectly comfortable with pretending to be running from a vicious predator in this latest movie, even though nothing's behind him.

They don't give Oscars to this kind of acting, but Fraser doesn't mind. Ever since he came to Los Angeles in 1991, Fraser has accepted without hesitation the roles that have fallen to his lot.

"I'm like most actors," Fraser says. "They don't idle well. They like to

#### release

Journey To The Center Of The Earth opens tomorrow.

"In my case, I prefer to have no one there. It's easier for me. You can swing away with your sword without worrying about running through a stunt man. The CGI people can then do what they do.

Brendan Fraser on blue screens

work. I know I'm one of those types, too. I've had some very good fortune in the last 15 years or so in terms of being able to work, and I guess being in this kind of big-budget picture ... allows for some leeway to work on projects that are a little more hand-picked."

He is referring to such critically acclaimed movies as Gods and Monsters (1998) and the 2002 adaptation



The Center Of The Earth recently.

The Quiet American, where Fraser's acting was

the Graham Greene novel, run from the monster va-

TORSTAR NEWS SERVICE



Actress Angelina Jolie will give birth to her twins "in the com-

# Jolie doing well ahead of birth

Pregnant actress Angelina Jolie is doing well in a French Riviera hospital and is expected to give birth to twins in "the coming weeks," her doctor said on yesterday. Doctor Michel Sussmann

gave few details away during a brief news conference, declining to reveal the sex of the expected babies or give a clear indication of the likely birth date.

"What she needs now is simple surveillance by monitoring to ensure the good health of her babies in the weeks to come,'

Sussmann said at the Lenval hospital in the southern French city of

Jolie, 33, arrived at the hospital on Sunday by helicopter and has a suite of rooms reserved for her and her partner Brad Pitt, which have been sealed off by bodyguards.

"Mrs. Angelina Jolie and . Mr. Brad Pitt, told me to let you know that she is doing just fine at the moment," Sussmann said.

"She is a patient like any other ... very simple and for whom I have a great deal of respect," he added.

#### one more

Jolie and Pitt, 44, already have four children, three of them adopted and the fourth, Shiloh, their biological daughter born in Namibia in 2006.

After months of speculation surrounding her pregnancy, Jolie finally confirmed she was expecting twins in an interview at the Cannes film festival in

Asked when the twins might arrive, the doctor said: "I cannot give you a date. Let's say that the birth will take place in the coming weeks." He added that it was too soon to say the babies might be premature.

Sources close to the couple said that Jolie was likely to give birth in August or maybe even July.

Jolie's room is spacious, looking out on to the Mediterranean sea, sources say. Jolie, star of current hit movie Wanted, and Pitt, of Ocean's Eleven fame, went public with their relationship after costarring in the 2005 film Mr. & Mrs. Smith. REUTERS

#### New hit called the 'return of the king'

MUSIC A new Michael Jackson song has appeared on-line, femalefirst.co.uk reports. Hold My Hand, featuring rapper Akon, has cropped up on various websites and is reportedly due to feature on his longawaited comeback album, which Akon is believed to be producing. The midtempo track features the lyrics: "Things will get better if you just hold my hand." The song has had a mostly positive response from commentators, with one fan saying the song marks "the return of the king.

METRO NEWS SERVICES

Actress Meryl Streep, right, has denied rumours she used a body double in new movie Mamma Mia!, insisting she performed the splits for real. IMDB.COM



## **Multi-faceted McCarthy**

#### Indie actor to star in disaster film 2012

Thomas McCarthy — the writer and director behind the season's indie sleeper hit, The Visitor — is moving into disaster movie territory by booking a role in Roland Emmerich's film 2012

McCarthy, on a cross-Europe jaunt promoting the immigration-themed The Visitor, joins an ensemble cast that includes John Cusack, Amanda Peet, Chiwetel Ejiofor, Thandie Newton, Danny Glover and Oliver Platt.

McCarthy will play the boyfriend of Peet, who is the ex-wife of Cusack's character.

The movie is a far cry from the types of films McCarthy is known for, whether as an actor (he had roles in Michael Clayton and Flags Of Our Fathers) or as a director (his first movie was the awardwinning The Station Agent).

McCarthy said he is driven to roles out of curiosity.
"As an actor, I've never

"As an actor, I've never worked on anything with this scale before, and I always go see these movies," McCarthy said in a recent interview.

"And then there's the director part of me. I get really excited about working with directors like this, who do things that are so wildly different from me. And he (Emmerich) really is. He works on a totally

#### "This does have a big budget and I do make more money, which is nice."

Thomas McCarthy

different canvas."

While some actors do big studio projects in order to sustain themselves in between indie character films, this is not the case here, McCarthy said.

"This does have a big budget and I do make more money, which is nice, but I know if you take a job like this just for the money, you'll be miserable," he said.

"There's got to be some-

thing as an actor, and also in this case, as a director, that I'm excited about. There are other ways for me to make money."

McCarthy, much like John Sayles, who takes on studio writing jobs in between his movies, also does rewrites and polishes for the big companies.

McCarthy lately has been taking roles in movies being made by writer-directors as a way to learn things that apply to his own work, which is why he has gigs in Tony Gilroy's Duplicity and Peter Jackson's The Lovely Bones.

"As a writer-director I love to work with other writer-directors," he said. "It's such a bonus for me. I'm not only watching and observing, I'm involved in the process. It's cool luxury."

The film 2012 is set to shoot in August in Vancouver. McCarthy also will begin working on a new script that he intends to direct.

REUTERS



Arctic Monkeys' Jamie Cook

## Monkeys begin third album

**FOLLOWUP** Arctic Monkeys are to start work on their third album this month, femalefirst. co.uk reports.

Guitarist Jamie Cook revealed that the band is to go back to its hometown of Sheffield, England, to record the followup to 2007's Favourite Worst Nightmare.

Nightmare.
He told BBC 6 Music:
"We are gonna get our fingers out next month.
"We'll get back in Alex
Turner's room in Sheffield
and start writing some

Cook said the band is unsure what direction the record will take but the band members looking forward to starting work on their new endeayour.

THE ASSOCIATED PRESS

# JOURNEY CENTRE EARTH AME PLANT TO PREMIER OF THE METRO PREMIER OF

JOURNEY TO THE CENTRE OF THE EARTH

Go to

metrenews.ca

click on \*WIN

to enter contest.

IN THEATRES JULY 11TH

metr<sub>®</sub>

Thomas McCarthy balances writing, directing and acting

# The best summer reads

## From chick lit to urban yarns

Whether you want a good read for the beach, cottage, travel or the back-yard, hear are some suggestions.

Richard Price **Lush Life**: A spinner of gritty urban yarns propels the police procedural to soaring heights. Literary brain candy.

Garth Stein **The Art of Racing in the Rain**: A



Among our book suggestions: Chasing Harry Winston, the latest chick lit bestseller from the author of The Devil Wears Prada.

breezy, if unlikely tale told from the perspective of a dog who aspires to rule the Formula 1 circuit

Sebastian Faulks **Devil May Care**: An esteemed literary stylist writes a new James Bond thriller in the voice of Ian Fleming

voice of Ian Fleming.
Lauren Weisberger **Chasing Harry Winston**: The latest chick lit bestseller from the author of The Devil Wears Prada.

David Wroblewski **The Story of Edgar Sawtelle**: If you believe the buzz, this debut is to Hamlet what James Smiley's A Thousand Acres was to King Lear. Plus gushing advance praise from Stephen King and Richard Russo.

David Sedaris **When You Are Engulfed in Flames**:
Funny, funny.

Barbara Walters **Audi-**

tion: A memoir by a famous TV journalist who interviewed almost every famous newsmaker in the past half-century.

past half-century. Steven Coll **The Bin Ladens**: Non-fiction that critics say reads like a topdrawer thriller.

David Rotenberg **Shanghai**: The Toronto author of a series of five mystery novels set in Shanghai tackles historical fiction in this generation-spanning tome set in the Chinese metropolis.

Barbara Gowdy **Helpless**: Now in paperback, this recent Trillium Book Award winner is a gripping pageturner about the abduction of a young girl from her home in Toronto's east end. TORSTAR NEWS SERVICE







# **Getting Lost with literature**

ELL READ: definitely something happening with the culture in general when a TV show — and not one with Oprah Winfrey hosting — does its best to encourage its viewers to read more.

Books have been a prominent prop and plot device on Lost over its four seasons, the most obvious being Lost Twin, the book by Gary Troup, a passenger on Oceanic flight 815 who didn't survive the crash but left his manuscript behind.

Lost Twin was produced by Hyperion Books, a part of the Disney corporate family that also includes ABC, and ghostwritten by thriller writer Laurence Shames.

It didn't end up having much to do with the show in the end, but that didn't stop fans from making it a bestseller.

No doubt inspired by this show of fan loyalty, ABC has launched the



Lost Book Club, with ecommerce links that let you buy titles profiled on the show, and a tie-in with iTunes so you can pick up the audiobook version (if you've already evolved into an entirely post-literate creature.) According to Verne Gay of Newsday, titles will be added whether they're actually read by cast members onscreen or just spotted amidst the set dressing.

ABC's book club site will include a synopsis of the book and an explanation of how it ties into a specific episode — Jack Kerouac's On The Road, for instance, is featured because Michael

Emerson's Ben Linus uses the name of one of its characters (Dean Moriarty) as an alias in season four, Dickens' A Tale Of Two Cities simply shares a title with an episode in season three. The selection of books is hard to characterize, and ranges from the obvious (Michael Crichton's Jurassic Park, Aldous Huxley's Island, William Golding's Lord Of The Flies Conrad's Heart Of Darkness) to the interesting (Philip K. Dick's Valis, Stephen Hawking's A Brief History Of Time, Ayn Rand's The Fountainhead, Lewis Carroll's Through The Looking Glass and Alice In



ABC has launched the Lost Book Club, with links that let you buy titles profiled on the show.

Wonderland and Henry Iames' The Turn Of The Screw) to the outlandish (Stephen King's Carrie, Judy Bloom's Are You There God? It's Me Margaret, and the children's classic Bonjour, Babar.)

Frankly, this doesn't do

much to dispel the image of the show as Thursday night post-pizza-and-doobie viewing for graduate students on the 8-yearplan, but that's probably part of its appeal. It's

when the book club starts including Zen And The Art Of Motorcycle Maintenance or Carlos Castaneda books among its offerings that I'd start getting worried.

Rick McGinnis writes about music, movies, books and televi-

#### Rage's guitarist releases 2nd solo

MUSIC Rage Against The Machine guitarist Tom Morello will release his second solo album on Sept. 30.

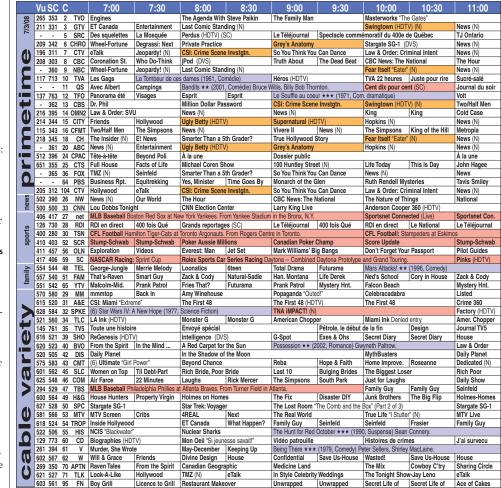
The Fabled City (Epic) is the follow-up to 2007's One Man Revolution, which Morello released under the name The Nightwatchman. He is now billed at Tom Morello: The Nightwatchman.

The 11-song set features guest appearances by country rocker Shooter Jennings and System Of A Down frontman Seri Tankian, Morello's partner in the activist organization Axis of Iustice.

#### NBC picks up a buddy cop show

TELEVISION NBC is going Off Duty with Upright Citizens Brigade comedian Jason Mantzoukas.

Sources said the network has handed out a cast-contingent pilot order to a buddy comedy about cops who can't leave their iob at the station. Mantzoukas wrote the script. Mantzoukas probably is best known for his onstage collaborations with Jessica St. Clair. including the sketch show We Used to Go Out and the improvised show First



#### critics'corner-

#### Does the name Harry Reems mean anything to you? If you remember the 1970s, you'll recognize his name; he was the biggest male porn star of the era. He appears in this new episode, played by an actor (Rick D. Wasserman, "24"), in which the Deckers (Grant Show, Lana Parrilla) host a fundraiser for an actor in legal trouble. Yes, the real Reems did get in trouble over "Deep Throat." 10 PM on 13 CBS



Ugly Betty

She's bending it like Beckham the spotlight, that is. Wilhelmina (Vanessa Williams) has cause to regret asking Victoria "Posh Spice" Beckham to be in her wedding when the bridesmaid steals all her thunder. She hasn't seen anything yet, though; Bradford (Alan Dale), her groom, is about to commit the mother of all thunder stealers. America Ferrera, Tony Plana and Eric Mabius also star in "Nice Day for a Posh Wedding." 8 PM on 20 ABC 15

#### REUTERS

#### 14 entertainment



Comedians Will Ferrell, left, and Sacha Baron Cohen will star in a forthcoming film about fictional detective Sherlock Holmes. Cohen will play the pipe-smoking sleuth, with Ferrell as his partner Watson in the as-yet-untitled film.

#### **Celebrity Buzz**

## **Hathaway was after** Follieri's money: Trump



FIGHTING Real-estate mogul Donald Trump has lashed out at Anne Hathaway, claiming the actress was on-ly with alleged conman Raffaello Follieri for his money, imdb.com reports.

The Devil Wears Prada star is said to have broken up with the businessman earlier this month, shortly before he was arrested on suspicion of fraud

And Trump insists Hathaway should have remained by Follieri's side throughout his legal ordeal.

In a statement issued by his publicist to ABCNews.com, Trump says: "After (his legal troubles) she was gone ...and fast! Sadly, that seems to be the way life works."

In an interview with Access Hollywood, he added: 'She hasn't remained very loyal to him, has she? So when he had plenty of money, she liked him, but then after that, not as good, right?

METRO NEWS SERVICES

## celebrity brief

#### Kanye to work on new shoe line

FASHION Kanve West is collaborating on a shoe line with designer label Louis Vuitton, femalefirst.co.uk

The rapper was in the front row for the fashion giant's unveiling of its Spring 2009 collection in Paris last week.

West, who was joined by music producer Pharrell Williams, confirmed he will be working with Louis Vuitton to design a range of men's footwear.

Speaking at the show, dressed entirely in his own fashion line, West said: "I'm here for Louis. I grew up with the Louis

look, you know. I just love the style."

. West — famed for his bright plastic slatted sunglasses already revealed plans to release his own brand of women's wear, separate from the Vuitton shoes deal, which will debut later this year

> METRO NEWS SERVICES



#### **Lavish wedding for Hayek**

MARRIAGE Salma Hayek is reportedly planning to spend \$3.5 million US on her wedding, femalefirst.co.uk reports.

The actress, who has a ninemonth-old daughter, Valentina Paloma, with her fiancé businessman François-Henri Pinault, is set to wed him in a lavish ceremony in

France next spring.

A source told the National Enquirer magazine: "It took Francois over a year to get Salma to agree to mar-ry him, and he doesn't want to spare any expense. Francois basically gave her the key to the vault and said. 'Go wild.' "

METRO NEWS SERVICES

#### Radcliffe calls new Potter racv

FILM Actor Daniel Radcliffe has compared the latest Harry Potter installment to cult movie Trainspotting — insisting the new film contains "a

fair amount of sexual energy and drug parallels," imdb.com reports. Radcliffe recently finished filming the sixth

Potter movie - Harry Potter and the Half-Blood Prince, which is due for release in Novem-





#### celebrity brief



#### McGowan. **Rodriguez split**

BREAKUP Actress Rose Mc-Gowan has reportedly split with fiancé Robert Rodriguez — because of fi-nancial difficulties on forthcoming film Barbarella, imdb.com reports.

The Grindhouse star was set to take the lead in a remake of the 1968 cult classic, with Rodriguez directing the movie.

But the couple have now allegedly split following disagreements over the film's money problems.

McGowan apparently wasn't a big enough box office draw for the \$70 million US remake, after her 2007 film Grindhouse only grossed \$25.4 million.

METRO NEWS SERVICES

#### Too skinny 'unsexy,' Theron says

**PEOPLE** Charlize Theron feels "unsexy" when she is too skinny

femalefirst.co.uk reports. The Oscar-winning actress had to lose a lot of weight for a movie role and felt uncomfortable as

she prefers being curvier.

Theron — who also gained more than 28 pounds to plays murderer Aileen Wuornos in the movie Monster — said: "I played a woman with cancer in Sweet November. I went down to a Size 6 and I felt completely uncomfortable. I remember being wrapping my arms around my

felt totally unsexy.' Theron — who has been dating actor Stuart Townsend for about six years also took a swipe at Hollywood stars who put partying ahead of their

body and feeling

ribs and bone. I

careers. She added to Britain's Elle magazine: "I don't buy in to all that. Actually, it upsets me the way a lot of so-called celebrities just completely exploit themselves. I don't get it.

"There's a decorum that I believe just doesn't exist in Hollywood any more My whole life is about trying to move away from

bad things and be happy." METRO NEWS



#### celebrity brief

#### **McGraw speaks** out about attack

MUSIC Tim McGraw has spoken out about his attack on a rowdy fan at a show in Washington last week, imdb.com reports.

The country star has downplayed the incident, during which he helped security staff eject an unruly reveller at a concert

in Auburn.
He says, "I was just trying to keep peace and the security guys just couldn't get there in

McGraw took action after he spotted the man assault a woman in the audience.

The incident made headlines last week when footage of it surfaced online.

McGraw halted his performance of Indian Outlaw to yell for help,

screaming, "Get rid of this guy! Security!"

McGraw's spokeswoman has since revealed the "overly aggressive fan" attacked a female fan, and Tim witnessed the



#### O'Donnell laughs off break-up talk

**RUMOUR** Comedian-actress Rosie O'Donnell has laughed off reports she is splitting up with girlfriend Kelli Carpenter — and has slammed the journalist who started the rumour, imdb.com reports.

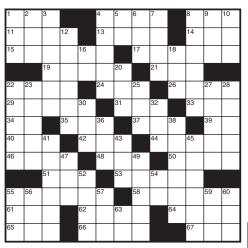
It was reported on Mon-day that the actress and comedienne had split with long-time partner Carpen-METRO NEWS SERVICES

Rapper Young Jeezy will play a sought-after rapper in Janky Promoters, a film written by rapper-turned-filmmaker Ice Cube. Cube and Mike Epps will also star, as the shady, inept concert promoters of the title. Ew.com

#### entertainment 15

#### **Take Five**

**AVATAR VENUS** 



#### **Crossword across**

- 1 Roomy vehicle
- 4 Vague form
- 8 Magnon man
- 11 Rodin sculpture 13 Coffee-break treat
- 14 Royal pronoun
- 15 Sun-dried veggie
- 17 Pulled down
- 19 Watching
- 21 Mecca pilgrimage
- 22 River deposit
- 24 Cato's dozen
- 26 Bounce 29 Devoted
- 31 Chat
- 33 Meadow murmur
- 34 Beehive St.
- 35 Kind of instinct

- 37 Slangy refusal 39 Locomotive, briefly
- 40 Tumbler's pad
- 42 Chap 44 Tortilla snack
- 46 Hey, you!
- 48 Cribbage card
- 50 Wren's abode 51 Give a squeeze
- 53 Lady's honorific
- 55 Bought off
- 58 Subway patrons
- 61 Boat implement
- 62 Sudden foray
- 64 College credit
- 65 Figure out
- 66 Doesn't continue
- 67 Monkey with

# www.caaneo.



#### **Crossword down**

- 1 Dve container 2 Tumult
- 3 Specifically
- 4 New York area 5 — -cal
- 6 Pamplona yell
- 7 Ho-hum
- 8 Scam (2 wds.)
- 9 Wish undone 10 Fort near Monterey
- 12 Whirlpool rival
- 16 Polynesian plant
- 18 Gandhi foe
- 20 Musician's stint 22 Mild recession
- 23 Specks
- 25 Fleming of 007 fame
- 27 Wooden strips

950,000 **Metro readers** do it daily! metr⊕ Do it daily.

#### 28 Fateful card

- 30 Drag along
- 32 Flour holder 36 Winery cask
- 38 "Kubla Khan" locale
- 41 Casual wear (hyph.)
- 43 Kippur
- 45 Sidewalk material
- 47 Movie popcorn size
- 49 Minstrels
- 52 "Primal Fear" star 54 Popular princess
- 55 Wet ground
- 56 Dawn Chong
- 57 Marino or Rowan
- 59 Pedro's river
- 60 Dirty place
- 63 Visa or passport

previous day's answer



3

4

2

6

5

8

3

7

2 7

#### This day in history

JULY 3, 1608: Québec City founded by Samuel de Champlain.

JULY 3, 1819: The first savings bank in the United States (The Bank of Savings in New York City) opens.

JULY 3, 1884: Dow Jones published its 1st stock average.

JULY 3, 1886: Karl Benz officially unveils the Benz Patent Motorwagen — the first purpose-built automobile.

#### Horoscopes

#### **ARIES**

#### MARCH 21-APRIL 20

significant person. Pay attention to your true feelings. Strange information may make you nervous.

#### **TAURUS**

a confession. Try to be gentler with housemates. Frustration with rules can't be eased by rebelling.

#### **GFMINI**

#### CANCER

Think hard before paranoia sets in. A rest period with an ally sweetens the afternoon. A story will stop you in your tracks

#### **LEO**

#### JULY 23-AUG 23

Don't savor the news of a victory until tomorrow. You remember when love was sweet and true. A merciful approach is wanted after a farce.

#### AUG 24-SEPT 22

Honesty will glimmer through a maze of lies. Unpredictable responses make you uncertain. A potential mate is lurking nearby.

Your response matters to a

#### **APRIL 21-MAY 21**

Bewilderment is resolved by

#### **MAY 22-JUNE 21**

A happy person wants to devote time to you. Ask an ally for advice, and take it. Remember to hug someone when a job is done.

#### JUNE 22-JULY 22

#### **VIRGO**

(8)

(8)

**(**စေ

(ŋ)

#### **LIBRA**

#### SEPT 23-OCT 23

You can do something over again. There's a clash with a trouble-maker. Try working out a compromise.

#### **SCORPIO**

#### OCT 24- NOV 22

A man is moody, so tread softly. Someone misses the

point and goes off on a tangent. A rebel is working to shift responsibility to you.

#### **SAGITTARIUS**

#### NOV 23- DEC 21

The savage underbelly of life is exposed to the light. A lover is concerned about ethical behaviour. Put your best foot forward.

#### **CAPRICORN**

#### **DEC 22-JAN 20**

Causing needless trouble can be avoided. Someone's in the hot seat for a temper tantrum. Talk yourself into

(%)

#### **AQUARIUS**

#### JAN 21-FEB 18

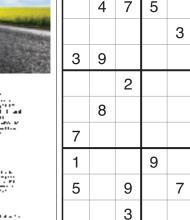
taking a holiday.

A strangely romantic interlude will arise. The truth is known, so trust your intuition. Too much optimism can be unsettling.

#### **PISCES**

#### **FEB 19-MAR 20**

A new love cycle begins after noon. Your sensitivity is at its maximum level. Don't be intimidated, but don't speak till spoken to.



#### Sudoku

#### NSTRUCTIONS:

The digits 1 through 9 will appear exactly once in each row, each column, and each zone. (A zone is an outlined 3x3 grid within the larger puzzle grid. There are nine of these zones in the puzzle.) Do not enter a digit into a box if it already appears elsewhere in the same 3x3 zone, or in the same row across the puzzle, or col-

umn down the puzzle.									
	SOLVE TIME IN MINUTES:								
	Under 13 Genius								
	13-17 Scholar								

17-21 . . . . . Smart

#### 1 7 4 3 5 6 8 2 9 9 6 5 2 8 4 7 1 3

previous day's answer

3	8	2	7	1	9	5	4	6
8	1	9	4	7	2	3	6	5
2	3	7	1	6	5	4	9	8
5	4	6	9	3	8	1	7	2
7	5	3	6	2	1	9	8	4
4	2	1	8	9	3	6	5	7
6	9	8	5	4	7	2	3	1

#### 

#### Ottawa weather



Variable. 23



Clear.



Mainly sunny.

23°/13°



Mainly sunny. 26°/14°



2 6 4

**Partly** cloudy.

27°/17

#### Temperature Normals High: 25.6° Low: 13.9°

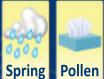
Records High: 36.1°/1966 Low: 6.7°/1940 Sunrise: 5:20 a.m.

Sunset: 8:53 p.m. Moonrise: 5:34 a.m Moonset: 9:47 p.m.









Get the most out of the season. Go to the Pollen Report @ theweathernetwork.com

TWN incorporates MSC dat

# Smart devices at great low prices.

With a rad easy-to-use keypad.

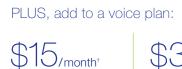


BlackBerry® Curve™ 8330 smartphone \$149.99\*



BlackBerry® Pearl™ 8130

\$0



#### **UNLIMITED**

■ Personal email ■ Instant messaging

#### **UNLIMITED**

■ Web

■ Personal email ■ Instant messaging





For more details on these great offers, visit your TELUS store, authorized dealer or retailer, visit telusmobility.com or call 1-866-264-2966.

#### **→ FUTURE SHOP**

TELUS STORES & AUTHORIZED DEALERS Ottawa Chapman Mills Marketplace Ottawa Office Tower 215 Slater St. Rideau Centre St. Laurent Shopping Centre 10 - 100 Trainyards, Bldg. C

Bayshore Shopping Centre Carlingwood Shopping Centre 2950 Bank St. 8 - 1568 Merivale Rd. 530 Montreal Rd. 62 - 2269 Riverside Dr.

1200 Prince of Wales Dr.

118 Holland Ave. 424 Catherine St. 1333 Michael St.

Brockville 2211 Parkdale Ave. Cornwall
Cornwall Square 2130 Vincent Massey Dr Hawkesbury 321 Main St. E Kanata

Kanata Centrum Walk

WAL\*MART

Kingston Cataraqui Town Centre 103 - 646 Norris Crt. 764 Gardiners Rd.

131 Princess St.

Orléans Place d'Orléans 2 - 4312 Innes Rd

39 Robertson Rd. Pembroke Mall Perth

Phone availability and price may vary. Prices are subject to change without notice. \*Offer available until August 5, 2008. Effective net price after in-store discount at time of activation. Available for clients (new and renewal) who activate voice and data service with a combination of a voice rate plan and a data add-on totalling \$45 or more. TELUS reserves the right to modify eligible rate plans with this offer at any time without advance notice. \*Offer available until August 5, 2008. Available as an add-on to voice rate plans with a plan rate of \$30 or greater. Unlimited personal email and instant messaging only available with BlackBerry Internet Service and BlackBerry smartphones. London to voice rate plans with a plan rate of \$30 or greater. Unlimited personal email and instant messaging only available with a plan rate of \$30 or greater. Define a plan system of the standard o symbols are the exclusive properties of and trademarks of or registered trademarks of Research In Motion Limited — used by permission. FACEBOOK is a registered trademark of Facebook. Inc. Google and the Google logo are trademarks of Google Inc. All other trademarks and logos are property of their respective owners. © 2008 TELUS.